

**Meal Pattern Requirements**  
(weekly)  
**Grains Range=10-12 G EQ**  
1/2 of all grains must be whole grain rich  
**M/MA Range=10-12 oz.**  
**Vegetable=5 cups**  
in appropriate subgroups  
**Fruit=5 cups**

**Falconer High School Lunch**






**January 2019**



Menu Subject to Change

Lunch Fact  
My Plate Recommends:

Choose vegetables rich in color! Brighten your plate with vegetables that are red, orange, or dark green. They not only taste great but are also good for you, too. Reference: USDA. MyPlate.gov. Internet <http://www.myplate.gov/>.

	Monday	Tuesday	Wednesday	Thursday	Friday
3				3 Sicilian Pizza Pretzel with cheese Soft Shells ----- Black Bean Salad Corn	4 Buffalo Chicken Wrap Toasted Ham & Cheese Chicken Patty on a Bun with Crackers ----- Green Beans Mixed Vegetables
4	7 Hot Turkey Sandwich Tuna Salad Pita with Crackers Hot Dog on a Bun with Crackers ----- Baked Beans Cauliflower	8 Mac & Cheese Chicken Ham Sandwich Grilled Cheese ----- Carrots Mixed Vegetables	9 Chicken Nuggets with Pasta Salad PB & Jelly Sandwich BBQ Pork Sandwich ----- Broccoli Corn	10 Taco Pizza Pretzel with cheese Soft Shells ----- Sweet Potatoes Romaine Salad	11 Stromboli Tuna Wrap Chicken Patty on a Bun with Crackers ----- Tiny Peas Green Beans
5	<b>Promo</b> 14 <b>Baked Chicken with Rice</b> <b>Breaded Pork Sandwich</b> Hot Dog on a Bun with Crackers ----- Broccoli Carrot Coins	15 Roasted Turkey with Pasta PB & Jelly Sandwich Grilled Cheese ----- Romaine Salad Mashed Potato	16 Chicken and Cheese Flatbread Egg Salad Sandwich <small>BBQ Pork Sandwich</small> ----- Sweet Potatoes Baked Beans 0	17 Sicilian Pizza Pretzel with cheese Soft Shells ----- Green Beans Mixed Vegetables	18 Taco in a Bag with Lettuce cheese & Rice Ham & Cheese Sandwich Chicken Patty on a Bun with rice ----- Corn Peas
1	21 Martin Luther King Jr  January 15, 1929	22 Spaghetti with meat sauce Turkey Sandwich Grilled Cheese ----- Romaine Salad Green Beans	23 Chicken Twister PB & Jelly Sandwich BBQ Pork Sandwich ----- Baked Beans Fries	24 Supreme Pizza Pretzel with cheese Soft Shells with Rice ----- Mixed Vegetables Cucumber Red Pepper Strips	25 Join us for BREAKFAST
2	28 Bread Sticks with meat sauce Chicken Fajita Pita with Crackers Hot Dog on a Bun with Oyster Crackers ----- Spinach Corn	29 Cheeseburger w/crackers with Oyster Crackers Steak Sub Grilled Cheese ----- Carrots Fries	30 Baked Chicken Biscuit PB & Jelly Sandwich BBQ Pork Sandwich ----- Cauliflower Mashed Potato	31 Chicken Wing Pizza Pretzel with cheese Soft Shells ----- Romaine Salad Refried Beans	

Offered Daily With all School Lunches:  
**Fresh or prepared fruits**  
(Must take 1/2 cup of fruit or veggies)  
**Non or Low Fat White or Non Fat Chocolate Milk Available Daily**  
Lunch Prices \$1..35  
Checks payable to: Falconer Central School

We serve the following items Daily  
**Fresh baked Sub rolls topped with your choice of fresh ingredients.**  
**Fresh Baked Pepperoni Pizza**

**Students that qualify for free or reduced lunches also qualify for breakfast**

- Start with a:
- Vegetable
  - Fruit
  - Choose whole grain
  - Pick a lean protein
  - Add serving of milk
- Take at least 3**

This institution is an equal opportunity Provider and Employer